Byfuglien avoids trial

Jets defenceman reaches plea deal in relation to a boating incident in Minnesota last year PAGE 20

THE DOWNTON DOWNLOW

SEASON 3 TRAILER FOR THE PBS MEGAHIT DOWNTON ABBEY FEATURES SPOILERS APLENTY PAGE 8

WINNIPEG metro®

Tuesday, July 24, 2012

News worth sharing.

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City's latest homicide victim named

Public's help wanted. Police look for assistance tracking down suspects

SHANE GIBSON
shane.gibson@metronews.ca

Winnipeg police have identified the young woman who became the city's 19th homicide victim of the year early Sunday morning.

Cherie Lynn Richard, 20, was found in the 500 block of Furby Street around 5:30 a.m. suffering from stab wounds. Richard was taken to hospital in life-threatening condition where she was later pronounced dead.

Police said a male and two females approached the victim and another female when an altercation took place, and Richard was stabbed. The three suspects then fled.

Police wouldn't say which of the three suspects stabbed the victim, but a woman who lives across the street from where Richard was found told Metro on Sunday that she watched a man attack her.

"The guy came out of there and stabbed her in the stomach," said the woman, who asked not to be named, pointing to the area around an apartment at 583 Furby St. "I seen her hit the ground, so I knew that's what he did."

Police also wouldn't confirm reports the other female with Richard at the time was her sister, or comment on a possible motive. "In order not to compromise the investigation, that information will not be released at this time," said Patrol Sgt. Monica Stothers. "They're still in the early stages of investigating this incident."

Anyone with information is asked to contact investigators at 986-6508 or Crime Stoppers at 786-TIPS.

Colorado shooting suspect's DAZE IN COURT

James Holmes appears in Arapahoe County District Court on Monday in Centennial, Colo. Holmes is being held on suspicion of first-degree murder, and may also face additional counts of aggravated assault and weapons violations after a mass shooting last Friday in a movie theatre in Aurora, Colo., which killed 12 and injured dozens of others. Unshaven and appearing dazed, Holmes sat virtually motionless during the hearing, his eyes drooping as the judge advised him of the severity of the case. Story, page 4. THE ASSOCIATED PRESS/DENVER POST/RJ SANGOSTI/POOL

Dial 10 digits, starting Sunday

The first phase of 10-digit dialing in Manitoba is nearly upon us PAGE 3

Hollywood romance-ology

'Happily ever after' in Tinseltown may be a mission impossible PAGE 10

Watson back in Bombers lineup

Receiver Cory Watson returning from injury for Thursday's game PAGE 20

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Last Man satisfies

The Last Man on Earth
Keystone Theatre
Venue 1
Making an old form fresh is a recipe for success in Keystone Theatre's The Last Man on Earth — and it makes for a delightfully satisfying Fringe experience.

Toronto's Keystone Theatre presents the story of a Chaplinesque hero named Gormless Joe (Phil Rickaby), the last innocent on Earth — and so a prime target for the Devil (Stephen LaFrenie), who makes it his mission to corrupt poor Joe. As for Joe, all he really wants is to get the girl, a pie-seller named Penelope (Dana Fradkin).

What ensues is simple theatrical magic. Smart, crisp physical movement from the entire cast and music become all the dialogue we need in this sweet, delightful show.
JOFF SCHMIDT/CBC REVIEW CREW

RiderGirl
Colleen Sutton
Venue 2
Hey, Bombers fans! Frustrated about how the season is going? I hear ya. But whatever you do, don't take it out on a scapegoat like RiderGirl Colleen Sutton. She's the brightest new recruit on Canada's Fringe circuit and her one-woman show has a great lesson for everyone — whether you're blue and gold or green and white — about overcoming the odds.

Energetic and likeable, Sutton powers through her history as a Saskatchewan Roughriders fan from 1993 to the 2009 Grey Cup. In between her well-played game commentary (including anti-Bombers taunts) Sutton reviews her decision to quit the financial security of a government paycheque and launch into acting.

RiderGirl is hard to follow at first and could use a tighter edit. But I hope Sutton suits up and plays for us again.
KAJ HASSELRIIS/CBC REVIEW CREW

Bad Girls: Sunny Side Up
The Roguespeare
Venue 10
What happens when the self-proclaimed Bad Girls of the Fringe are also fierce and fearless performers with spot-on comedic timing, impressive physical comedy skills (including some playful burlesque), and armed with a series of savvy, in-your-face and killer-smart short scripts? One hell of a good show happens.

The show includes a monologue by Satan's mistress (and you'll be surprised at who holds the power and just how it's wielded); a Shel Silverstein-inspired ad for services on offer by a duo of sexually and linguistically confident working women; and a Tupperware/babysitting negotiation between two housewives that would leave all four Dragons' Den moguls softly weeping.

Some audience members seemed a little uncomfortable (perhaps they'd never heard a woman speak casually of anal-fisting before — in which case, it was probably high time they did). But the rest of us were cheering and laughing out loud through this ridiculously fun hour.
CHANDRA MAYOR/CBC REVIEW CREW

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Manitobans will soon be using their digits to add more digits when calling, as the first phase of the introduction of a new area code takes place on Sunday. LAUREN PARSONS/FOR METRO

Sunday start for 10-digit dialing

Changes. 204 soon to share space with 431

LAUREN PARSONS
winnipeg@metronews.ca

This Sunday the first phase of 10-digit dialing is starting in Manitoba.

"If you dial the seven digits your call will still be completed," said Selena Hinds, director of corporate communications for Manitoba Telecom Services Inc. "But a recorded message will play reminding you to begin using 10-digit dialing."

The first phase runs for three months until Oct. 20. Afterwards 10-digit dialing will be mandatory, and Hinds said seven-digit calls will not be completed.

Hinds said she's confident that the awareness campaign and three-month introductory phase will gradually change Manitobans' habits and behaviours so there is no confusion when 10-digit dialing becomes mandatory.

Canada no longer uses a geographical split to determine area codes, so all current 204 numbers will remain the same. But on Nov. 3, once those numbers start to run out, the 431 area code will be introduced for new numbers.

The 204 area code was introduced in Manitoba in 1947. According to Glenn Pilley, spokesperson for the Telecommunications Alliance, the emergence of cellphones in the 1990s prompted other provinces to add additional area codes, and now the rapid growth of smartphones has prompted Manitoba's new code.

Pilley said that if the growth of smartphone use continues, it's possible that Manitoba will see another area code in 10 to 12 years.

Customers are reminded to update their auto-dialers and digital address books to reflect the change.

Dates to remember

- **July 29.** Your call will still go through, but a reminder message will play if you dial seven digits.
- **Oct. 20.** Your call will not go through if you dial seven digits.
- **Nov. 3:** The 431 area code will be introduced.

Cancer. Sex and the City star coming to Winnipeg

Winnipeg is set to become a much sexier city this fall.

The CancerCare Manitoba Foundation and the Guardian Benefit Committee announced Monday that Cynthia Nixon, the award-winning actress who played Miranda on HBO's Sex and the City, is the keynote speaker at this October's annual Guardian Angel Benefit gala.

"This year's Guardian Angel gala will carry a strong message about the things you can do every day to keep this disease away from you," the gala's committee chair, Ida Albo, said in a release. "Ms. Nixon is an excellent ambassador in this regard and we are looking forward to hearing the moving story about her own path to recovery."

Nixon was diagnosed with breast cancer in 2006 and is a passionate advocate for research. METRO

Cynthia Nixon will be at the Oct. 25 event. Visit cancercarefdn.mb.ca for tickets. GETTY IMAGES

Rough start to week?

Power outage in South St. Vital

Power was restored to some 3,600 Manitoba Hydro customers just after 6 a.m. on Monday. The area lost power due to equipment problems. METRO

Six counts of arson

Garage fire arrest

Police believe a man arrested at the scene of a Winnipeg garage fire last weekend is responsible for a number of similar fires set that day. Darren Bittern, 18, of Winnipeg is facing charges. METRO

Nude pics of judge. Lawyer took up to 150 explicit photos of wife

The husband of a Manitoba judge says he took 100 to 150 nude or explicit photos of his wife before she became a judge.

Jack King told a Canadian Judicial Council inquiry in Winnipeg Monday that many of the photos were shot outdoors when it was warm and sunny.

The inquiry is looking at the conduct of Lori Douglas, who is now an associate chief justice in the Manitoba Court of Queen's Bench.

Previously, King admitted to posting and sharing photos of his wife on the Internet and asking a man named Alex Chapman to have sex with her.

King maintains he acted without Douglas's knowledge. THE CANADIAN PRESS

Full disclosure

- The inquiry is examining whether Douglas disclosed the matter when she was appointed in 2003, and whether the existence of the photos should disqualify her from continuing as a judge.

1 NEWS

News in brief

Athletic prowess redefined

We're only a few days away from the opening ceremonies in London and already some Paralympians are stealing the spotlight with their talents. Go to metronews.ca to read more.

But they don't look a day over five million

How old is the polar bear? Really old, say scientists in pointing to recent discoveries that suggest the Arctic icon has been around longer than anyone thought. Go to metronews.ca to find out more.

On the web

A Czech artist has gone the extra mile in celebrating the Olympics by creating a six-tonne double-decker bus that groans and grunts as it does pushups for the public. Scan the code to watch.

Families watch dazed shooting suspect in court

Grieving. Emotions run high as families watch a silent and aloof James Holmes

His hair dyed a shocking comic-book shade of orange-red, the former doctoral student accused of killing moviegoers at a showing of the new Batman movie in Colorado appeared in court for the first time on Monday, but he didn't seem to be there at all.

James Holmes shuffled into court in a maroon jailhouse jumpsuit with his hands cuffed — the first look the world got of the 24-year-old since the Friday shooting that left 12 people dead and 58 others injured at a packed midnight screening of The Dark Knight Rises. It was one of the worst mass shootings in recent U.S. history.

Unshaven and appearing dazed, Holmes sat virtually motionless during the hearing, his eyes drooping as the judge advised him of the severity of the case. At one point, Holmes simply closed his eyes. Prosecutors said they didn't know if he was being medicated.

Throughout the hearing, he never said a word. His attorneys did all the talking when the judge asked him if he understood his rights.

His demeanour, however, angered the relatives of some of the victims of the shooting. Some stared at him the entire hearing, including Tom Teves, whose son, Alex, was killed in the attack. "I saw the coward in court today and Alex could have wiped the floor with him without breaking a sweat," said Teves, whose son, a physical therapist, dove to protect his girlfriend.

The court appearance gave millions the chance to scrutinize Holmes' every movement, every flutter of his heavy eyelids and form their opinions.

"It struck me that this is a person who's been through an emotional maelstrom and therefore might be totally wiped out emotionally," said Dr. Jeffrey Gardere, an assistant professor of behavioural medicine at Touro College of Osteopathic Medicine.

Gardere said there could be "a psychotic process going on and we see that being acted out there. Or there might be some sort of malingering going on. In other words, trying to make himself look worse than he actually is. Or maybe a combination of all of those things." THE ASSOCIATED PRESS

Family members of the victims of Friday's mass shooting in Aurora, Colo., comfort each other during a prayer vigil on Sunday. TED S. WARREN/THE ASSOCIATED PRESS

University reticent to release suspect details

Police tape remains around the apartment house of James Holmes in Aurora, Colo, Monday. Police evacuated the unit Friday. ED ANDRIESKI/THE ASSOCIATED PRESS

Officials at the University of Colorado Anschutz Medical Campus were looking into whether James Holmes used his position in a graduate program to collect hazardous materials, but that disclosure was one of the few it has made three days after the massacre. It remained unclear whether Holmes' professors and classmates at his 35-student PhD program noticed anything unusual about his behaviour.

His reasons for quitting the program in June also remained a mystery. Holmes recently took an intense oral exam that marks the end of the first year. University officials would not say if he passed, citing privacy concerns.

At a news conference, university officials refused to answer questions about Holmes. "To the best of our knowledge at this point, we think we did everything that we should have done," said Donald Elliman, the university chancellor.

The pastor for the suspect's family recalled a shy boy who was driven to succeed academically.

"He wasn't an extrovert at all. If there was any conversation, it would be because I initiated it, not because he did," said Jerald Borgie, senior pastor of Penasquitos Lutheran Church. Borgie said he never saw the suspect mingle with others his age at church. He last spoke to Holmes about six years ago.

During the attack, Holmes allegedly set off gas canisters and used a semiautomatic rifle, a shotgun and a pistol to open fire on theatre-goers, Aurora police Chief Dan Oates said.

Holmes had bought weapons at local gun stores in the past two months.

THE ASSOCIATED PRESS

Suspicious packages

- The University of Colorado received two suspicious packages early Monday morning. The first was slipped under the door at a campus building. People were not allowed into the building until the threat was cleared.
- The second package was addressed to a person in a separate building.

Gun control

Candidates avoid touchy subject

U.S. President Barack Obama and his Republican rival, Mitt Romney, were back on the campaign trail Monday after suspending their campaigns in the wake of the Aurora, Colo., shooting.

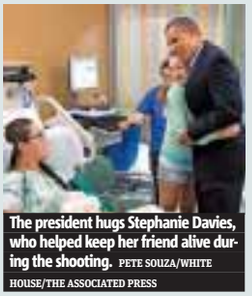
Yet neither man is expected to broach gun control.

The White House's only remarks in the aftermath have been to say the president backs the country's existing laws — even though the alleged gunman in the Colorado shootings legally acquired various weaponry, including an assault rifle and 6,000 rounds of ammunition purchased online.

"He believes we need to take steps that protect Second Amendment rights of the American people but ... ensure that we are not allowing weapons into the hands of individuals who should not, by existing law, obtain those weapons," White House press secretary Jay Carney said.

Obama's standing is low among white working-class voters — big believers in the right to bear arms. There are an estimated 270-million guns owned by U.S. citizens.

THE CANADIAN PRESS



The president hugs Stephanie Davies, who helped keep her friend alive during the shooting. PETE SOUZA/WHITE HOUSE/THE ASSOCIATED PRESS

Warner Bros.

Trailers pulled

Warner Bros. has moved to pull trailers of its upcoming film Gangster Squad from theatres. The trailer of the film, which stars Sean Penn and Ryan Gosling in a ruthless war between Los Angeles police and the mob, includes a scene of mobsters firing into a crowded movie theatre from behind the screen.

Meanwhile, Sony, Fox, Disney, Universal, Fox, Paramount and Lionsgate said Saturday that they are joining Dark Knight Rises distributor Warner Bros. in withholding their box-office numbers for the weekend out of respect for the victims and their families in the Aurora, Colo., shooting that killed 12 and wounded 58.

THE ASSOCIATED PRESS

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Financial survey

More than half of retired Canadians in debt: CIBC poll

More than half of retired Canadians hold some form of debt that may cut into their retirement plans and cash flow, a new CIBC poll suggests. According to the survey, 59 per cent of retired Canadians are currently in debt, compared to 76 per cent of non-retirees. The CIBC says the results highlight the need for Canadians to have a good debt-repayment strategy, especially as they approach retirement. THE CANADIAN PRESS

Market Minute

DOLLAR 98.35¢ US (-0.4¢)

TSX 11,545.54 (-77.37)

OIL $88.14 US (-$3.69)

GOLD $1,577.40 US (-$5.40)

Natural gas: $3.09 US (-1¢)
Dow Jones: 12,721.46 (-101.11)

Nexen to be acquired by Chinese firm for $15B US

Takeover bid. Friendly deal with state-owned oil company still subject to approval by shareholders, regulators and government

Nexen chief executive Kevin Reinhart addresses the company's annual meeting in Calgary last April. JEFF MCINTOSH/THE CANADIAN PRESS

A major Canadian oil company is being acquired by China National Offshore Oil Co. in a $15.1-billion US deal that, if successful, will be China's largest-ever overseas acquisition.

With promises of making Calgary the base of its Western-hemisphere operations, plans to list its shares on the Toronto Stock Exchange, and vows to keep all current Nexen employees and management, CNOOC says its cash bid for Nexen shows they "are in Canada to invest."

"We intend to be a local company as much as a global one," CNOOC chief executive Li Fanrong told reporters on a conference call Monday.

The friendly deal is still subject to shareholder, regulatory and government approval — and CNOOC says it reached out to the federal government ahead of Monday's announcement.

The Chinese state-owned company will base its North and Central American operations — including $8 billion in existing CNOOC assets — out of Calgary, said Li.

For years leading up to Monday's announcement, Nexen had been a perennial subject of takeover speculation.

Nexen has faced numerous challenges over the past few years, including the troubled launch of its Long Lake oilsands project in northern Alberta in late 2008. The project has yet to come close to its design capacity of 72,000 barrels of bitumen per day due to a number of operational glitches, though performance has been improving in recent months.

Last week, the company reported that second-quarter profits tumbled nearly 57 per cent as it took a charge on an unsuccessful well in the Gulf of Mexico. Late last year it was shouldered out of a major project in Yemen amid political strife in the Middle Eastern country.

CNOOC already had a 35 per cent stake in Long Lake after it took over Nexen's erstwhile partner Opti Canada Ltd. for $2.1 billion last year. The two companies also work together in the Gulf of Mexico.

The transaction still requires two-thirds of Nexen shareholders to approve the agreement at a special meeting to be held by Sept. 21. Preferred shareholders would receive $26 in cash, plus accrued dividends. THE CANADIAN PRESS

Commodities

Chinese investment in Canada rising

China's multibillion-dollar shopping spree in the Canadian oil patch Monday is a sign of more to come as the commodity-hungry country looks to secure energy supplies to feed its economic expansion, experts say.

"China continues to be a very fast-growing country," said Fred Ketchen, manager of equity trading at Scotia Capital.

In addition to the blockbuster Nexen deal, Talisman Energy has announced it's selling a 49 per cent interest in its U.K. division to Chinese firm Sinopec Corp. for $1.5 billion.

It's not uncommon for countries like China — looking to secure commodities — to look to Canada, said Ketchen. "We're a natural-resource country and we're attractive from that standpoint," he said.

Canada has "shot up on the chart" of Chinese overseas investment recently, added Wenran Jiang, an expert on China who advises Alberta's department of energy. THE CANADIAN PRESS

Redbox hoping to revamp DVD market with kiosks

A Redbox kiosk is seen in Toronto. The Illinois-based company hopes its model will energize the video-rental industry. DAVID FRIEND/THE CANADIAN PRESS

When major video stores Blockbuster and Rogers Video began to close their doors last year, some movie enthusiasts hoped it would usher in a new era of digital possibilities for the Canadian rental market.

Instead, they've been left waiting as a handful of new entrants like Netflix and iTunes saunter into the billion-dollar industry with a sometimes limited selection of new releases, and a back catalogue that left some longing for the dusty video stores of yesteryear.

Redbox is a latecomer to Canada, but the Illinois-based company hopes its kiosk business model will energize the industry as it rolls out its DVD rentals in retail outlets over the next year.

If its success south of the border is any indication, Redbox could be become a competitor to contend with, mostly because its low-priced DVD-rental model of $1.50 per-day is practically unheard of in Canada.

But the company will be battling against sentiment that physical discs are a dying format and late fees are a hassle.

Redbox has secured agreements to set up kiosks at Canadian Walmart retail stores and convenience stores operated by Alimentation Couche-Tard, which places it amid impulse buyers picking up groceries and other regular essentials.

The Redbox debut will be more aggressive than its counterparts. A nationwide rollout that started last month in Toronto and Vancouver will grow to as many as 2,500 kiosks by the end of 2013, putting it in line to be the biggest rental outfit in Canada. THE CANADIAN PRESS

Video wars

While Redbox says it's a pioneer, the company is also treading into kiosk turf that several others have been navigating on a smaller scale.

- Over the past year, DVD kiosks have sprung up from companies like Best Buy, Playdium, Zip.ca and Planet DVD, each one offering a similar price structure ranging from $1 to $2 per rental.

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NO RETAIL LOYALTY IN OUR HOME AND NATIVE LAND

SHE SAYS...
Jessica Napier
metronews.ca/shesays

Back in my teenage years, I couldn't resist the call of the mall from down south. Saturdays were often spent in lineups at the U.S. border crossing as I gave in to the allure of America's mysterious retail options.

On one particularly uncomfortable drive back to Canada, I ripped off the price tags and wore five pairs of Victoria's Secret underwear underneath a newly acquired pair of Abercrombie and Fitch jeans in order to avoid paying duty on my purchases. It was all part of the thrill of cross-border buying — the cheap exoticism of American brands and an all-you-can-eat pasta dinner at the Olive Garden.

Infiltration

"Target's mission statement might be 'Expect more, pay less,' but I suspect Canadians won't be enjoying their designer collaborations at the same reasonable prices as our American neighbours."

But over the years, U.S. stores have been rapidly infiltrating the Canadian retail landscape and the appeal of these stateside shopping excursions has waned considerably. Now a second wave of American retail occupation is coming in the form of high-profile department stores.

Designer-discount emporium Marshalls moved into Ontario in 2011. Target will be setting up shop in vacated Zellers sites across the country next year. Now rumours are circulating that upscale retailer Nordstrom will be taking over three Sears locations this fall in Vancouver, Calgary and Ottawa, with talks underway about a home in Toronto.

Our homegrown retailers are closing their doors to make way for monolithic born-in-the-U.S.A. department stores — cavernous labyrinths filled with never-before-seen snack foods and discounted American-flag bikinis — and yet all we seem to care about is the fact that we'll be able to buy all of Oprah's favourite things close to home.

For many consumers, if the price is right, it doesn't really matter where it comes from. Who needs patriotism when you can buy a Jason Wu for Target dress at $54.99?

I'll admit the gingham-loving prepster in me whooped for joy when J.Crew announced it would be bringing its Cape Code couture across the border. But the thrill was short-lived as I soon realized that they wouldn't be importing the attractive price tags along with their colourful sweater sets.

Target's mission statement might be "Expect more, pay less," but I suspect Canadians won't be enjoying their designer collaborations at the same reasonable prices as our American neighbours.

Canadian shoppers will probably get over the novelty of these American imports relatively quickly, and then what? Target and Nordstrom will just become more chain stores in a depressing landscape of big-box retailers.

Personally, I don't really want to walk into my local mall and feel like I could be in Anywheresville, U.S.A.

A shopper is seen leaving a Nordstrom department store in Los Angeles. Nordstrom is seen as a competitor to existing upscale retailers like Holt Renfrew, Harry Rosen and the Bay. JAE C. HONG/THE ASSOCIATED PRESS FILE

Journey to the last ice area begins

METRO/CONTRIBUTED/PAUL NICKLEN/NATIONAL GEOGRAPHIC STOCK/WWF-CANADA

Water, water everywhere

WWF begins Arctic expedition

A polar bear and her cub are seen resting on an iceberg in the Arctic Ocean in Canada.

Imagine a future when most of the Arctic's summer sea ice has melted, leaving the last ice area in the High Arctic Ocean.

Researchers have projected that the Canadian High Arctic and Northern Greenland will be the last place where sea ice will persist past 2050.

Teaming up with the WWF, Metro will track a voyage to the last ice area.

A team of researchers and WWF experts will sail some 7,000 kilometres over the course of six weeks, from Greenland all the way to Nunavut, speaking to communities along the way that will be affected by the continued thinning of the sea ice.

The team's findings during each stop will be documented in video blogs, photos and interviews.

METRO

The team will be arriving in Upernavik, Greenland, Tuesday night. In the next two weeks the voyagers will visit communities along Greenland's northwest coast.

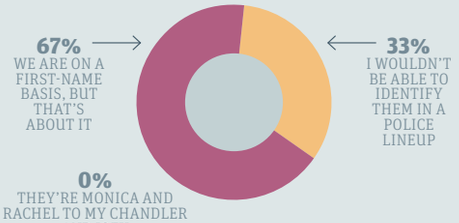
Online

- For the latest updates from the Arctic research team and to track their journey on the interactive map, check out the features section at metronews.ca.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

How well do you know your neighbours?


67%
WE ARE ON A FIRST-NAME BASIS, BUT THAT'S ABOUT IT
33%
I WOULDN'T BE ABLE TO IDENTIFY THEM IN A POLICE LINEUP
0%
THEY'RE MONICA AND RACHEL TO MY CHANDLER AND JOEY

Twitter

@kmart_44:
Can't believe Judge won't let #Byfuglien sign kids autographs as community service. Maybe he could practice playing Defence. #NHLJets

@BisonGuy51:
If the judge in the Byfuglien case really wanted to send a message, he would have sentenced him to 30 days of conditioning. #nhljets

@kristAnbremner:
Not happy about losing Flood! :(bad decicisons! #winnipeg #nhljets

@mkkstevenson:
#Winnipeg had its 19th murder, that means the average murders per month is 3. Why the f--k do I live here!

@MelanieAFerris:
Altho I'm liking #Winnipeg, I need to say: Adult #cyclists, get off the darn sidewalks! You're supposed to be riding on the street.

metro

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2

SCENE

Scene in brief

Rivers heads to New Orleans

When comedian Joan Rivers thought her New York apartment was haunted about 15 years ago, she called on New Orleans voodoo priestess Sallie Ann Glassman to perform a "spiritual cleansing" of the brownstone. Next month, the comedian is heading to New Orleans to return the favour. Rivers will host two stand-up shows benefiting Glassman's New Orleans Healing Center, focused on the "... healing of New Orleans" after hurricane Katrina.

THE ASSOCIATED PRESS

On the web

Young Hollywood aims for fun fashion at the Teen Choice Awards

DVD reviews

Keyhole

Director. Guy Maddin

Stars. Jason Patric, Isabella Rossellini

"So many locked doors and they all have to be opened!" exclaims Ulysses Pick (Jason Patric, niftily cast), the tumbled central figure of Keyhole, Guy Maddin's mad mélange of melodramatic ghosts and meddlesome mobsters. The literary spawn of Joyce and Homer, Ulysses isn't one for convention: he and his gang bust into a house that's inhabited by restless spirits (and a stuffed wolverine), surrounded by cops and racked by a thunderstorm ("Man's weather!" in his estimation). "Remember, Ulysses, remember!" exhorts the ghost of Ulysses' late father (Louis Negin), who resides upstairs, naked and chained suspiciously close to Hyacinthe (Isabella Rossellini), his daughter and Ulysses' ex, who also appears to be extinguished. Keyhole is suffused with genuine sadness, straight from the unbridled ID of Maddin (and Freud), but much mirth intrudes. The film resists easy analysis, more so than usual for Maddin, but make no mistake, this is one of his great ones.

PETER HOWELL

Lady Mary (Michelle Dockery) has a fight with fiancé Matthew Crawley in a trailer for season 3 of Downton Abbey HANDOUT

Downton Abbey still the gem of PBS

Television Critics Association press tour. PBS unveils some interesting docs — but its mega-hit still drew the most excitement

AMBER RAY
Metro World News in New York

The Television Critics Association press tour, the semi-annual gathering of journalists to preview the new and returning series premiering this fall, took place on the weekend with a look at the offerings from PBS.

During the executive session, PBS president Paula Kerger addressed the decision to fire Market Warriors host Fred Willard after his arrest on suspicion of engaging in a lewd act in a Hollywood theatre last week. "Our concern really is that his circumstance would become a distraction to the series, which we're hoping will have an ongoing presence on public television," Kerger said. Because the series is currently in production, Kerger said they "needed to move fast" on their decision; Antiques Roadshow star Mark Walberg will take over hosting duties on Market Warriors.

Kerger also announced two new series: Ken Burns' The Roosevelts: An Intimate History, a 14-hour documentary on Theodore, Franklin and Eleanor Roosevelt, set to air in 2014; and Constitution USA with Peter Sagal, chronicling the journey of the Wait, Wait … Don't Tell Me host as he searches for ways that the U.S. Constitution lives and works in modern America.

PBS's most anticipated new drama, Call the Midwife, was responsible for the day's most comical TCA Twitter hash tag. Based on the bestselling memoirs of Jennifer Worth, the series tells the story of Jenny Lee, a young midwife working with an order of nuns in the poorest area of London in the 1950s.

As for portraying childbirth realistically without appearing graphic, "it's all about (camera) angles," says series star Jessica Raine, who portrays Jenny. Several prosthetic newborns were also created as props. "We got one baby with a detachable willy so it could be a boy or a girl baby," Raine admitted, prompting the hash tag #detachablewillies.

The day's big finale featured the cast and creator of the PBS megahit — and, as the network reminded critics with a sizzle reel full of parodies, pop culture phenomenon — Downton Abbey. Those in the packed ballroom were treated to a spoiler-filled trailer for Season 3, including a heated exchange between Lady Mary (Michelle Dockery) and fiancé Matthew Crawley (Dan Stevens), a magnificent battle of insults between the Dowager Countess (Maggie Smith, also not present) and Martha Levinson (new cast member Shirley MacLaine), and a devastating admission by Robert Crawley (Hugh Bonneville) to his wife, Cora (Elizabeth McGovern).

Downton Abbey Season 3 will premiere Jan. 6, 2013.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Miley gets paranoid over Liam's co-star

THE WORD
Monica Weymouth
scene@metronews.ca

Noticeably missing from Sunday night's Teen Choice Awards was teen queen Miley Cyrus, who won in the Choice Hottie and Choice Fashion Icon categories despite being a no-show.

Cyrus spent the evening in Philadelphia, where her fiancé, Liam Hemsworth, is shooting Paranoia and they've been spotted hanging out for weeks.

So why didn't she make a quick trip back to L.A.? It seems Cyrus might have a little paranoia of her own: She's reportedly not happy with the amount of time Hemsworth has been spending with his Empire State co-star, Emma Roberts.

"Not only did she tell Liam it had to stop, she even confronted Emma, reminding her that Liam is off the market," a source tells PerezHilton.com.

"Miley more or less said, 'Hands off my man!' Emma couldn't care less what Miley thinks. She makes fun of Miley behind her back, saying she's just a washed-up tween star. Emma feels she has nothing to lose, so she's pushing it as far as she can with Liam."

We like your spunk, Emma. But at this point, Miley's one pair of tattered pink sweatpants away from being a Philly girl — back away slowly, and keep your eyes on those acrylic nails.

Won't someone think of the beautiful children?

Miranda Kerr and Orlando Bloom have been spotted without their wedding rings on, prompting Famous magazine to report that their marriage "might be in trouble."

"She's had a lot on her plate — it could be that somewhere along the way her relationship with Orlando may have slipped between the cracks," says a source who has obviously never set eyes on Orlando Bloom.

Ashton Kutcher and Mila Kunis. ALL PHOTOS GETTY IMAGES

Mila and Ashton just friends, or friends with benefits?

Though Mila Kunis and Ashton Kutcher have maintained they're just friends, that line seems to be wearing thin — especially considering the pair's recent public displays of affection.

Kunis reportedly tagged along with Kutcher to a party in L.A. over the weekend, where eyewitnesses say the former That 70s Show co-stars sat close and shared a few kisses, trying in no way to hide their feelings for each other, according to Us Weekly.

And earlier this month, the pair put on quite a show during an intimate meal at the Soho House. "They were seated on a couch on the same side of the table, and Mila was running her hands through Ashton's hair," a source says. "She had her elbow resting on his back and couldn't stop playing with his hair and rubbing his shoulders. He leaned in and whispered to her and kissed her cheek."

Here we go again ... Minka caught up in sex 'scandal'

Minka Kelly is the latest actress to be plagued by a possible sex tape scandal, as a 30-minute tape of Kelly getting intimate with an ex-boyfriend is reportedly being offered to the highest bidder, according to TMZ.

The video is said to be shot in a semi-professional manner and the website claims it's clear Kelly knows she's being filmed. Some question if Kelly is actually of age in the video, as she is reportedly seen singing along with and dancing to two songs from Brandy's Never Say Never album, which was released 16 days before the actress' 18th birthday. Kelly's rep had not returned a request from the website for comment.

Twitter

@SarahKSilverman
When I die I wanna come back as the guy at work that gives all the girls shoulder massages

@ParisHilton
What a beautiful day in Cannes! The weather is perfect, so sunny today. Love it here.

@justinbieber
when u smile i smile. haha. MUCH LOVE. thanks

@SethMacFarlane
If you want to put a swift end to a boring first date, just say to the woman: "I predict you will bear me many fine sons."

Charlize isn't afraid to get naked with her co-stars

Charlize Theron.

Charlize Theron isn't fazed by nude scenes — but she doesn't want audiences to get the wrong idea about her.

When asked by W Magazine if death scenes or sex scenes are more difficult, the Prometheus star says, "It depends on who you're doing the sex scene with. I don't have issues being naked." And then quickly adds, "That sounds very slutty."

Looking to clear things up, Theron says, "What I mean is, I'm not hung up on my body. I've been lucky to work with people I've been really comfortable with. I've had maybe two occasions where (I wasn't)."

3 LIFE

Health minute

Ending AIDS possible, says researcher

The leading U.S. AIDS researcher says science has provided the tools needed to slash new infections even without a vaccine — if countries will put them into place. Dr. Anthony Fauci told the International AIDS Conference Monday that it won't be easy or happen overnight. In his words, "no promises, no dates but we know it can happen." Fauci says that "we want to get to the end of AIDS" but that "a lot of people, a lot of countries, a lot of regions have a lot to do." Topping that list of tools is better treatment of people who already have HIV, so they're less likely to spread the virus. But Fauci also called male circumcision a "stunningly successful" step, pointing to part of Uganda that's stressing that step.

THE ASSOCIATED PRESS

On the Web

Celebrity pregnancies blamed for eating disorders among pregnant Canadians

Marriage: impossible

Divorce. As power couple Tom Cruise and Katie Holmes split, we look at why lust-based Hollywood and quickie marriages rarely end in a happily ever after

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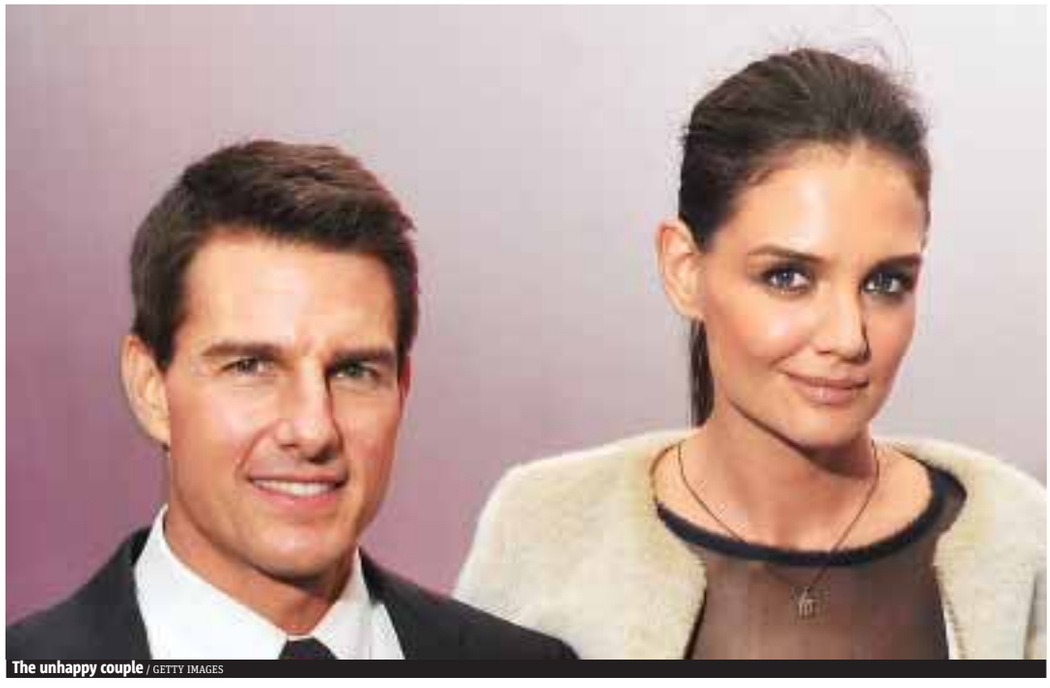

The unhappy couple / GETTY IMAGES

Tom Cruise and Katie Holmes seemed to have one of Hollywood's most solid relationships. But on June 29 Holmes filed for divorce after five years of marriage. Are we surprised? Not really. The actress had already told Elle magazine: "He has been Tom Cruise for 30 years … I know who I am and where I am and where I want to go. I'm starting to come into my own. It's like a new phase."

Cracks were beginning to show, quite normal for a Hollywood marriage, but why do so many of them fail?

Romance is like a drug; it's addictive

"The parts of the brain that light up when you're in love are the same that light up when doing cocaine," says dating coach Evan Marc Katz. "There's an addictive quality to toxic relationships. People become addicted to the highs and lows.

"Every second you're with the wrong person is every second you're not with the right person," he adds. "Ending a bad relationship is addition by subtraction."

If the relationship is a burden and you no longer feel connected, breaking up is the only way you'll eventually find the right person. That said, Katz doesn't rule out the feeling of loss if the relationship filled your time and was bigger than you as an individual.

Hopefully, a couple has done everything in their power to work things out prior to getting a divorce. "With Katie Holmes, I'm sure it was a calculated, thoughtful decision. It's probably something she agonized about, something they tried to fix. The culmination of years of dissatisfaction."

Why Hollywood is addicted?

According to Katz, this addictive quality is probably why most Hollywood couples call it quits more often than not.

"It's not about Tom and Katie — the real problem with Hollywood marriages is that people get caught up in the cult of themselves," he says. "You have two beautiful people living this high life, with tons of money and who think they can do anything. They are big dreamers driven by passion. They don't realize that this isn't what life is about and that marriage, on a day-to-day basis, should be safe and predictable and somewhat mundane. It's not always going to be exciting."

Eventually, the passion wears off and all you're left with is that person warns Katz.

"You need to know each other before making the commitment to spend the rest of your life together."

Some solutions

There should be fewer marriages as people should spend far more time dating, argues Katz.

"The attraction phase lasts between one and a half to three years. Until that high wears off, you're blinded by passion and tend to make foolish decisions. So many people get married and pregnant when they're still in their drug phase. If you waited for the high to wear off, you'd think a lot more clearly about your long-term compatibility."

So how long should we be 'dating' for?

"Two and a half years," advises Katz. "What you're really looking for in a relationship is the state you're in when the drug wears off. Passion isn't a great predictor of the future — just a great feeling."

WHAT ABOUT 'HER'

In her rare post-split appearances, Katie Holmes looked relaxed and meticulously groomed. But don't try and figure out her life story from a few paparazzi shots, says dating coach Evan Marc Katz. "Since Katie Holmes announced her divorce, she's been caught on camera smiling and laughing. But we see what people give us. That she's decided to plaster a smile on her face and stand up straight says very little."

KATIE HOLMES

HOLMES VS. CRUISE

TOM CRUISE

THE CULT OF 'HE'

"Tom Cruise doesn't do things in moderation. He has no limits and isn't afraid to fail," says Katz. But there's a difference between being a good guy and a good partner. "We don't know why, but he's failed in marriage three times. If you're so committed to your work that you're emotionally unavailable and don't have time to listen because you're caught up in the cult of yourself, then you can still be a great guy, just not a great life partner." Cruise's religion, Scientology, is thought to have contributed to the split. "With anything that someone is extreme on—it makes anybody who isn't like them intolerable," says Katz.

Quoted

"There should be fewer marriages. People should spend far more time dating."
Evan Mark Katz

Tuna gets tropical spin with a jicama, fennel & mango slaw

Seared Ahi Tuna with Jicama, Fennel and Mango Slaw

This recipe serves four. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Be sure to only buy the freshest tuna you can from a reputable fishmonger. If available, ahi tuna is the best quality.

Served with this slaw, it makes for a very sophisticated dish. Jicama is a white-fleshed root vegetable, also known as a Mexican potato.

It is crunchy and sweet, and can be eaten either raw or cooked. It's usually available from May to November; if unavailable, use canned, sliced water chestnuts.

1. Make the slaw by combining the mango, fennel, jicama, red and green peppers, carrot, green onions and cilantro in a medium bowl. In a separate bowl, whisk together the olive oil, lemon juice, rice vinegar, 1 tsp sesame seeds, garlic and chili sauce. Pour over the slaw and toss to combine. Place on a serving platter.

2. Lightly coat a nonstick grill pan with cooking spray and set over high heat. Sprinkle the tuna with salt and pepper and sear for about 2 minutes per side; the center should still be raw. Remove from the heat. Slice thinly and top with the slaw.

3. Garnish with 1 tsp sesame seeds before serving.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

- 1 lb raw ahi tuna fillets
- pinch of salt and pepper
- 1 tsp sesame seeds

Slaw

- 1/2 cup thinly sliced mango
- 1 cup thinly sliced fennel
- 1 cup thinly sliced jicama
- 1 cup thinly sliced red bell pepper
- 1/2 cup thinly sliced green bell pepper
- 1/2 cup thinly sliced carrots
- 1/4 cup sliced green onions
- 1/4 cup chopped cilantro
- 1 tbsp olive oil
- 2 tsp lemon juice
- 1 tsp rice vinegar
- 1 tsp toasted sesame seeds
- 1 tsp finely chopped garlic
- 1/2 hot chili sauce (or finely chopped jalapeno pepper)

Health Solutions

3 reasons to figure out fish

NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Deciding what to eat isn't really any more difficult than trading baseball cards.

Both games involve "got it" and "need it" to make you the winner.

Fish has few of the things you likely already "got" and many that you likely "need". Here's the rundown.

Got: Saturated Fat and Cholesterol

Chances are you are getting plenty of saturated fat and cholesterol from other animal sources. None of these sources of protein have any Omega3s to help your body manage the "bad fats". Fish does have some but it is a better ratio of protein: good/fat: bad fat.

Need: Omega 3 Fats

North Americans don't get nearly enough of this healthy, anti-inflammatory, brain and heart protective fat. Aim for three servings of fish per week and vary the source so you don't accumulate toxins from any one variety.

Need: Time

No one has too much of this on their hands and fish is the quickest cooking non-plant source protein. It needn't be any more complicated than placing a fillet on a piece of foil, sprinkling with extra virgin olive oil, salt and pepper and broiling or grilling for 10 minutes.

THERESA ALBERT IS AN AUTHOR, NUTRITIONIST AND HEALTH COMMUNICATOR IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.

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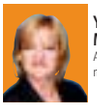
Life insurance at 30 is much cheaper than it will be 15 years down the road. ISTOCK IMAGES

Single, with benefits? Why you still need term life insurance

Alison's money rule. Insurance is one of the best investments you can make, especially when you're young



YOUR MONEY
Alison Griffiths
money@metronews.ca

A 30-something woman approached me the other day with thoughts of death. Single, no dependents and enjoying a good job with benefits, she asked if there's any reason why she should have life insurance.

Yes, absolutely.

First, let's talk about love. You never know when cupid will strike and it's always nice to know that if something happens to you, a future beloved will have some financial security. And life insurance at 30 is much cheaper than it will be 15 years down the road, especially if you develop a condition like high blood pressure along the way.

Another reason singles might want life insurance is for a charitable donation. Jeanine, a passionate volunteer dog walker, loved the idea of providing a bequest to her local animal shelter.

Also, she hadn't thought of insurance as a way to create an inheritance for her three nieces and a nephew. "I can adjust the beneficiaries every year depending on who thanks me for their Christmas presents," she laughs.

For others with spouses and children, there are many good reasons to have term life insurance (rather than whole life, which includes a savings component). The early to middle years are expensive with life's highest debt load and kids to raise and educate. The loss of one partner in a family can be financially devastating.

And workplace benefits usually end when the job does.

There are two rules of thumb to determine how much insurance is needed. One option is an amount that will pay off all debts, including mortgage. Or you could look at it as income replacement. Plan for at least three to five years based on the highest earner.

Typically term insurance policies run for 10, 20 or 30 years. You can renew but your rates will increase as you age. There are also term-to-100 policies, called permanent life insurance. Often you can convert a term policy to a permanent one before the age of 70.

In numbers

$250,000

The average insurance death benefit in Canada

A dude's guide to dating

Q&A. MTV2's Guy Code returns for a second season

HEIDI PATALANO
Metro New York

Funnyman Andrew Schulz has strong opinions on most things — not the least of which includes women and dating. Since he's a talking head on the second season of MTV2's comedy series Guy Code, we picked Mr. Schulz's brain for a few insights on the male mind.

On a first date, what's a deal-breaker for you?
I wouldn't say there's no room for any antics on a first date — the weirder, the better, because the first date is so weird in general that if somebody does something that creates any stimulus that breaks you out of that, 'So, uh, did you study abroad? Oh, tell me about that. Oh, what are your dreams?' Anything weird!

Just do something weird — I don't care, fart. You can fart. And I'll be like, 'OK, why did you think it was OK to do that in front of me?' You know, create some conversation.

At the end of the date, a guy walks the girl to the train, makes sure she gets home OK ...
Wait, hold on, hold on, hold on. If you really wanted to make sure she gets home OK, you wouldn't put her on a subway at 12 o'clock at night. Put a girl in a cab!

Some women say, 'He was so nice, he walked me to the train,' as though that's a sign that a guy likes them. Is it?
I'll be really honest with you. We don't even know that we like you until after we sleep with you.

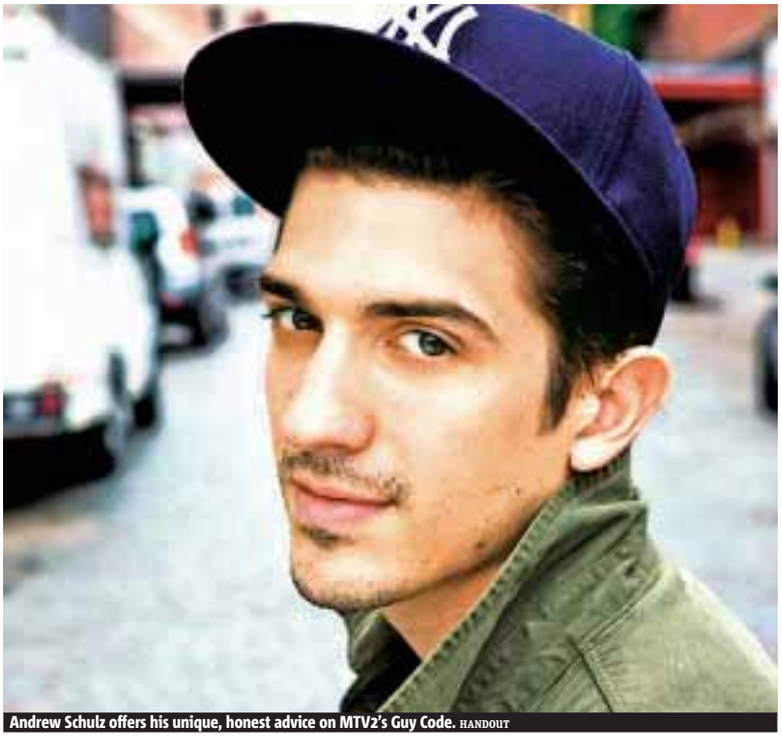
And why is that?
Because it's not even on our radar if we like you. We're so clouded by the idea of sleeping with you that we can't even focus on these qualities of you that we think we like.

'Oh, I really like how she wears red. I really like girls who wear red a lot. And she's probably really smart for knowing that she looks good in red.' So we just make up that, and after we sleep with you, we think, 'You know what? Red looks awful on you. Why would I even think that I like that?'

We have no clue until after. Initially, it's our goal to sleep with you, and it's your goal to sleep with us again. That's your hustle, right? Our anxiety is, 'Man, I don't want to f— this up,' and your anxiety is, 'I don't want to sleep with him and f— this up.'

How do you feel about the Jersey Shore idea of a grenade — a usually unattractive female friend who blocks a man's access to a potential conquest?
I think the guys on that show were having sex with their definition of grenades, which is why they were on the show.

To jump on the grenade bandwagon is totally understandable. From a girl's perspective, I go, 'That makes sense. Why would I want my friend to have sex with this random dude on TV and send her home in a cab at five in the morning so everyone can judge her?' That's not a grenade, that's a Captain America.


Andrew Schulz offers his unique, honest advice on MTV2's Guy Code. HANDOUT

A REVITALIZATION STORY

DOWNTOWN WINNIPEGGERS BEAM ABOUT THE AREA

You have heard a lot about the good things happening in downtown Winnipeg. It's a story of revitalization: New restaurants, new storefronts; brand new, state-of-the-art living spaces.

New institutions, too: Like the long-awaited Canadian Museum for Human Rights. We even have the Jets back. Downtown Winnipeg is a hot spot, plain and simple.

But what do the residents say?

No one can tell you better than downtown Winnipeggers themselves what a great place this area has become. For them, it isn't just a destination spot — it's home. Here are some of their thoughts:

DAVID JACKS, DOWNTOWN RESIDENT, SMITH AND YORK

I've lived in the heart of Winnipeg for more than a decade.

It's perfect for urban explorers — those with an adventurous spirit, drawn to an area that boasts non-stop festivals and activities, hidden parks and museums, imposing architecture, and a century's worth of history. It's an ideal place to raise a family, too.

The nightlife here is like nowhere else: With arguably the most diverse music and arts scene in Canada. If parties aren't your style, take a walk to the ballet, the symphony, countless theatres — or simply take a stroll along the river. You can walk to a lot of places if you live

in downtown Winnipeg. Many of us even walk to work.

I wouldn't want to live anywhere else, and I'll be glad to welcome all my new neighbours to this amazing community.

JOSEPH RANSETH, DOWNTOWN RESIDENT, AVENUE BUILDING ON PORTAGE

Winnipeg has changed significantly — and for the better. Nowhere is that more apparent than in our downtown.

Living downtown is not only incredibly convenient and cost-effective; we're also afforded a perspective on the city that you can't get anywhere else. There's nothing like living within walking distance of the venues that people in the suburbs have to drive a half an hour to get to, like the MTS Centre, The Forks, The Exchange, etc.

Winnipeg is such a beautiful city; I'm excited to be part of the revitalization that is happening downtown. It's fun to be connected to all this positive buzz.

AND FROM TWITTER …

"From restaurants, lounges, library, forks, baseball, movies. There's always something to do." **— Crystal, @burberrycrys**

"It's an awesome place to raise a family and run a biz at the same time." **— Jon, @JonAdaskin**

"I love being able to walk to work and to Jets games — saves >1 hr of commute time every day! … Better for me, better for the environment and saves me money!" **— Andrew, (@drewwpg)**

"DT is what Wpgrs get to claim as "uniquely our own." It is the face of our city and The Place to do biz and show hospitality." **— Kelvin, @Ark_a_dash**

What's waiting for you in downtown Winnipeg? To learn more, visit the Downtown Winnipeg BIZ website at downtownwinnipegbiz.com.

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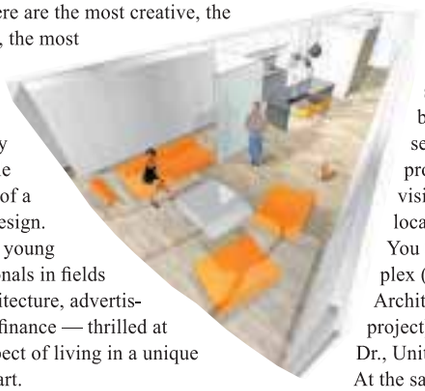
62M WILL BE A UNIQUE WORK OF ART

There are lots of new condo developments coming to downtown Winnipeg. But there is only one 62M.

If you are the conservative type, 62M isn't for you. The people destined to live here are the most creative, the most fun, the most open-minded in the city. They are people unafraid of a radical design. They are young professionals in fields like architecture, advertising, and finance — thrilled at the prospect of living in a unique work of art.



But maybe that's you? If so, read on.

Envisioned by the award-winning Winnipeg architecture collaborative, 5468796 Architecture Inc., 62M's design has never before been built in North America for residential use. Its living spaces will be contained within a silver, disc-shaped upper floor, suspended on stilts and set atop a translucent cylinder containing a staircase and elevator. A conversation piece for guests before they even step inside, 62M evokes the same sense of exhilaration and zest for the future that informs Winnipeg's own urban revitalization.

Located just off of Waterfront Drive at 62 MacDonald Ave., 62M offers easy access to all the conveniences and commercial attractions of downtown Winnipeg. Shopping and services in the Exchange District and Portage Avenue are within walking distance, while the rest of the city is easily accessible by car or Winnipeg transit. Your new home will be as close to the action as you need, while still being your place to unwind.

Construction of 62M will begin once 20 condo units have been sold — and pre-selling has already begun. To get a better sense of what the project will look like, visit the sales office, located in the nearby You Cube Condos complex (another 5468796 Architecture-designed project) at 530 Waterfront Dr., Unit 8.

At the sales office you will see a scale model of the future building, plus floor plans, interior renderings and samples of finishes. A sales associate will be on hand to answer all of your questions. You will also see a 360-degree view of the property, which gives you a sense of the vistas you will be able to enjoy by the end of next summer.

62M has a bright future, and so do you. This just might be a perfect fit.

MORE INFO

62M is a Green Seed Development project. To learn more, visit the website at 62m.ca. To receive the latest news on 62M, "like" the project's Facebook page (facebook.com/62mCondos) and follow downtown Winnipeg realtor JF Ratthé's official Twitter account at @jfratthe.

LET'S GROW TOGETHER

FARMERS' MARKET NEEDED IN DOWNTOWN: COUN. MIKE PAGTAKHAN

There used to be a farmers' market in downtown Winnipeg in the Exchange District. It was huge in the 1980s. Back then, people living and working in the heart of the city could visit that market and sample fresh, healthy, wholesome fruits and vegetables produced by farms located just outside the city limits. We forget, sometimes, how close downtown Winnipeg is to rural Manitoba.

The farmers' market is gone now. We need to see fresh produce return to downtown Winnipeg; not just because it's good for us, but because supporting our small- and medium-sized farms helps our province and our country to thrive.

Though I'm not a farmer, I do know a little bit about growing food. This year my family developed an acre of garden in the RM of Portage la Prairie. For my wife, kids and I, tending this garden is a chance to spend quality time together. It has also proven to be a stress-reliever after my long days at city hall. And, of course, we now enjoy great produce.

Not long after we started the garden, one of my neighbours yelled over the fence to me: "What are you going to do with all those vegetables after you grow them?"

I didn't give the answer much thought: "Sell them!" I yelled back. But, actually, that's hard to do, at least in downtown Winnipeg.

With a real farmers' market it could happen. What the downtown needs now is someone with the entrepreneurial spirit to make this new market a reality — someone with a sense of community as strong as the farmers' own. And believe me, those farmers believe in this community as much as anyone.

My own small effort in agriculture helps me appreciate the hard work that goes into running a small- or medium-sized farm. It has helped me to know the farmers themselves. These men and women don't run farms to get rich — they do it because their driving passion is to produce good food for others to consume. They see farming as their contribution to a stronger community, and I think they are 100 per cent right.

If you have ideas about how to bring a true farmers' market back to downtown Winnipeg, I want to hear them. Phone my office at 204-986-8401 or email me at mpagtakhan@winnipeg.ca.

Let's do this together!

Come and visit First Fridays in the Exchange! Let's support our local artists, galleries and restaurnats in the Exchange District. For more info, please visit www.firstfridayswinnipeg.org

Mike Pagtakhan BA, CIM, CPP
City Councillor
Point Douglas Ward
City of Winnipeg

Councillor's Office
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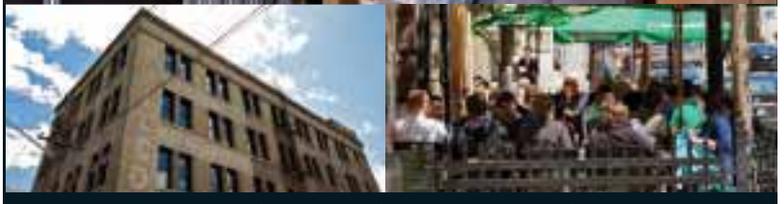

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VIEW YOURSELF AT MODE TACHE

Imagine looking out your front window and seeing the Red River only 100 metres away. Imagine seeing the greenspace surrounding it, and the bustle of downtown Winnipeg just beyond. Live in Mode Tache, and you will see these sights every day.

Mode Tache is StreetSide Development's fifth project in St. Boniface, the French Quarter. Units are available for purchase now, with possession projected for February 2013. What buyers can expect now, says StreetSide manager Marty Maykut, is a living experience unique in the city.

"The homes in Mode Tache will offer a residential feel within a downtown urban environment," he explains. "The property is quiet and safe, far from commuter traffic. It's across the street from a park, and there are houses nearby. And yet, you'll be only a five-minute walk from the downtown."

Nowadays, living only minutes from downtown Winnipeg means you are living next to one of Canada's fastest growing urban revitalization projects. The list of positive changes is a long one: From the return of the Jets, to the forthcoming Canadian Museum for Human Rights, to expansions to the University of Winnipeg, plus an explosion of new retail, restaurant, and other destination spaces.

"All of this increases demand for urban housing, which StreetSide is helping to meet," says Maykut. "Our team is excited to be part of the revitalization of the East Exchange, St. Boniface, and downtown."

There is a palpable sense of renewal in Winnipeg — a feeling that now is the city's moment to shine. At Mode Tache, too, timing is key.

"This is your chance to live in the 'centre of it all,'" says Maykut. "It's also your chance to make the space you live in truly yours. Buy now and you'll have the opportunity to customize your home — to make it as beautiful on the inside as it will be on the outside."

Mode Tache will offer the best views of Winnipeg, Maykut believes. These days, that's quite a view indeed.

FLOOR PLAN VARIATIONS

Mode Tache offers 10 floor plan variations ranging in size from 584 to 1,992 square feet. Each unit includes a heated, secure, underground parking stall. Prices start at $185,000 (including 3.2 per cent GST), going to well more than $500,000.

A Mode Tache display suite is available for viewing at Verve Tache, 760 Tache Ave. (immediately north of Mode Tache). To learn more, contact Myles Viklund of Rancho Realty Service (Manitoba), Ltd., at 204-793-1000, or visit modetache.com.

GLOBAL TASTE, LOCAL FLAVOUR

AT THE ARKADASH BISTRO + LOUNGE

Supplied locally, inspired globally — that's the key to success for Arkadash Bistro + Lounge.

Arkadash is Winnipeg's only restaurant specializing in Turkish, Moroccan, Italian, and French regional cuisine. Its menu tempts your taste buds with a variety of delectables, from the savoury, like Bouillabaisse, Osso Bucco, and Arctic Char; to the sweet, such as Turkish Mocha Crème and baklava. But no matter how simple or exotic the fare, every dish served at Arkadash is made from ingredients produced nearby.

That means you will be sampling Manitoba lamb, beef, elk, fish, bison, produce, dairy products, and honey, all of them grown by Manitobans themselves. You can find a list of these producers on the restaurant's website.

"Preparing traditional recipes using homegrown ingredients gives our dishes a unique taste," says Kelvin Peters, Arkadash's general manager. "Our food is unlike anything else in the city."

In operation for almost three months, Arkadash has already created a significant online buzz. "The social media response has been extremely positive," says Peters. "And so has the response from the business community here in Winnipeg. Everyone's happy to see a successful, vibrant restaurant space on the Portage Avenue strip — this is a part of the city that's being revitalized, and Arkadash exemplifies what the area is going to look like in the near future."

Portage Avenue is indeed becoming a destination spot, and Arkadash is leading the way. Its interior design is sumptuous, in keeping with the cuisine itself — a warm and inviting space, both spacious and intimate, boasting a sleek and modern design and run by swift and friendly staff. Arkadash's lounge is open late, making it ideal for a late-night cocktail or dessert.

The restaurant also caters. Arkadash's distinctive menu is proving popular among those looking to make a splash at business, personal, and celebratory events. Professional kitchen staff can adapt to meet the needs of any crowd, and almost any kind of venue.

This is the new taste of Winnipeg. Come sample Arkadash's menu today.

LUNCH, DINNER FEATURES AVAILABLE

Arkadash Bistro + Lounge offers daily features for both lunch and dinner. To learn more about them, along with latest menu features, recipes, special giveaways, and events, follow Arkadash on Twitter at @Ark_a_dash, or "like" the restaurant's Facebook page (Arkadash Bistro and Lounge).

Arkadash is located at 268 Portage Ave. To make a reservation, phone 204-504-2155. You can also reserve through arkadashbistroandlounge.com or Urbanspoon.

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UNWIND IN STYLE

WITH THE SPA + YOGA OVERNIGHT PACKAGE AT THE FORT GARRY

Looking for an exceptional value-added relaxation getaway that doesn't require a passport?

Located in the heart of downtown Winnipeg, The Fort Garry Hotel, Spa and Conference Centre may have exactly what you are looking for. The Spa + Yoga Overnight Package at the Fort Garry Hotel features a one-night stay, two classes at world-class Yoga Public, the self-administered Hamam treatment at Ten Spa, spa dinner in the Palm Lounge and breakfast or its famous Grand Sunday Brunch.

Yoga Public opened at 280 Fort St. in downtown Winnipeg in February 2012, and is Canada's largest yoga playground. A state-of-the-art environmentally conscious yoga centre, Yoga Public offers yoga in all its forms, as well as TRX-style classes.

"The name Yoga Public was chosen because we want the public to know that we are an inclusive venue accessible to all individuals. The Spa + Yoga Overnight Package is a great way to introduce yourself to yoga through our all-level classes, and offers new challenges in a world-class venue for avid yogis," says Sam Chisick, director of Yoga Public.

A second feature of the Spa + Yoga Overnight Package is the self-administered hamam treatment at Ten Spa, located on the 10th floor of the Fort Garry Hotel.

"Our hamam treatment is a modern reinterpretation of the Turkish-Roman hot-air bathing ritual. Find out why the Ottawa Citizen has dubbed the Hamam at Ten 'The hottest, steamiest, most exotic place in Canada' when you book the Spa + Yoga Overnight Package with us," says Elena Zinchenko, director of Ten Spa.

The Fort Garry has long built a solid foundation on its excellent culinary fare, so it is no surprise that meals are included in the Spa + Yoga Overnight Package. The usual amenities of a stay at the Fort Garry are also included, such as 24-hour complimentary delivery of coffee/tea and cookies, newspaper, and passes to the full fitness centre, featuring an indoor running track, pool, and sauna.

At The Fort Garry Hotel, Spa and Conference Centre, every detail is attended. Upon arrival for the Spa + Yoga Overnight Package, you will be provided with a personalized itinerary that outlines scheduled times for your yoga classes, spa dinner, hamam appointment and, if applicable, brunch reservation time.

The Spa + Yoga Overnight Package at The Fort Garry Hotel, Spa and Conference Centre is offered seven nights a week, all year long, but be sure to call for reservations as space is limited and blackout dates may apply. This package is proof that you don't have to go away to get away; one-stop relaxation doesn't get any easier.

CITY STATE OF MIND

Enjoy Winnipeg in a city state of mind at The Fort Garry Hotel, Spa and Conference Centre with a Spa + Yoga Overnight Package.

Spa + Yoga Overnight Package rates start from $139 per person, based on double occupancy. Certain restrictions apply. To learn more, or to book your visit, call 204-946-6529, or toll-free, 1-866-585-0772. Visit the website at fortgarryhotel.com.

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Check in for a one night stay at downtown Winnipeg's historic hotel, from $139* per person, at THE FORTGARRY, and enjoy some well deserved relaxation. spa+yoga OVERNIGHT PACKAGES include: two yoga public classes, ten SPA's self-administered Hamam treatment, spa dinner and full hot breakfast or our famous Sunday brunch. 204.946.6529

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The Condo Company sets you up in a quality condo, charging rent you can afford — $1,500 per month, on average. But these payments don't go toward rent alone. A portion of every rent cheque is put toward ownership of the condo. Most Condo Company customers end up owning their homes in only three years' time.

Jonathan was one of them. Now a proud downtown Winnipegger, he remembers the sense of relief he felt once he realized how The Condo Company did business.

"I'd heard so many horror stories about rent-to-own companies setting up agreements that cost clients incredible amounts of money, and left them unable to afford their mortgage in the end," he says.

"The Condo Company was the exception. James and Cam were professional, honest, and, most importantly, they wanted me to succeed. Now I'm living in one of the hottest places in Winnipeg."

Clients have different challenges and different needs, explains Condo Company president James Doerksen. "That's why we custom design a home ownership plan for individuals based on their unique circumstances. It's also why we secure the services of a single mortgage broker, who handles all of our clients' financing needs. Not only is he one of the best in the business, he also knows our system inside-out."

The Condo Company's professional connections become your connections, too. Dennis Wiebe, a realtor with whom the company works, is one of them.

"Rent-to-own has been around a long time, but The Condo Company has given it a level of integrity and respectability it never had before," says Wiebe. "With the market moving so fast and mortgage rules making it harder for first-time buyers, this is now a viable option to help families achieve what they cannot on their own. I have personally offered this solution to clients struggling to achieve the five per cent down payment for the purchase of their own homes."

"Ownership is attainable," says Doerksen. "That's why we do what we do. The Condo Company helps people move forward."

IS A CONDO IN YOUR FUTURE?

To find out if there is a downtown Winnipeg condo in your future, phone Cam or James at 204-800-3169. To learn more about The Condo Company, visit thecondoco.ca.

the condo company

WHY RENT WHEN YOU CAN OWN?

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4

SPORTS

CHL

"The Memorial Cup was donated in 1919 to honour Canada's war fallen. It is unfortunate and deplorable to see it in such a state. The damages that were caused will be billed to the team."

A statement from Quebec Major Junior Hockey League commissioner Gilles Courteau on Monday. A summer of celebrations by the Shawinigan Cataractes has left the Memorial Cup looking like a train wreck. Pictures published Monday by l'Echo de Shawinigan show the top of the 93-year-old cup bashed in and the two hockey player figurines on either side of the bowl missing. The newspaper said the wooden base was also cracked. How the damage occurred was unclear. Each player on the championship team was allowed to have the cup for 24 hours to celebrate in his hometown. The Cataractes won the cup on home ice by defeating the London Knights in the junior hockey final in May. League spokesman Photi Sotiropoulos said the cup will be returned to the Canadian Hockey League, which will have it repaired. There was no estimate on the cost of repairs. Winning teams that want to have the trophy over the off-season must take out $50,000 in insurance against damages. THE CANADIAN PRESS

Mobile sports

Tied for an American League wild-card spot after a 14-2 July, the Oakland Athletics' surge up the standings is creating a buzz throughout baseball. Can GM Billy Beane's new bunch of no-names and up-and-comers create a real-life Moneyball sequel? Scan the code for the story.

NHL. Byfuglien pleads guilty to careless boating

Dustin Byfuglien GETTY IMAGES FILE

Winnipeg Jets defenceman Dustin Byfuglien has avoided a trial on drunken-boating charges by pleading guilty to careless boating.

Byfuglien reached a plea deal on Monday, the day his trial was to start in Minneapolis, Minn.

Byfuglien was charged last August with boating under the influence and refusing to take a chemical test after an incident on suburban Lake Minnetonka, Minn. Careless boating is a misdemeanour, and Byfuglien was sentenced to a year's probation, two days of public service, a $1,000 US fine and a day in an alcohol education program.

Defence lawyer Mitchell Robinson says Byfuglien had a 0.031 blood-alcohol content when tested on the lake, well below Minnesota's limit for driving boats or cars.

"As an organization, the Winnipeg Jets are happy this is behind Dustin and he can look forward to the upcoming hockey season, along with the rest of the team and their passionate fan base," said Jets general manager Kevin Cheveldayoff in a statement.

THE ASSOCIATED PRESS

Quoted

"After allowing the legal process to play out, we are thankful to see this matter resolved to the satisfaction of all parties involved."

Jets general manager Kevin Cheveldayoff in a statement

Bombers get some good news for home opener

CFL. Return of receiver Watson gives Winnipeg boost against Eskimos

The Winnipeg Blue Bombers are getting a potent part of their offensive attack back just in time for their first home game of the season.

Cory Watson, one of the team's best receivers last season, is returning from injury and will be in the lineup when the Bombers host the Edmonton Eskimos on Thursday.

"He's physical, he's fast, he can break tackles," Bombers head coach Paul LaPolice said Monday. "We're excited to have him back."

In 2011, Watson's second season with the Bombers, he led the team in catches (69) and was third in receiving yards (793).

Watson admits he has a lot of work to do in order to get up to full speed. But he said he feels good and the team is ready to seek a little redemption after losing 42-10 to Edmonton in Alberta on July 13.

It won't be easy, though, as Edmonton (3-1) has the league's stingiest defence that will definitely pose a huge challenge for Winnipeg (0-4).

"I think we're up for the challenge," Watson said. "They have some weaknesses in their defence we need to exploit and, with our game plan this week, I think we'll do good."

Watson brings more depth to a receiving corps that is already one of the strongest parts of Winnipeg's offence, thanks in large part to the addition of rookie Chris Matthews.

"It's great to have Cory back," said quarterback Alex Brink, who will make his second straight start Thursday as incumbent Buck Pierce remains sidelined with an injured foot. "As a veteran he's a leader among the receivers.

"He brings a toughness to our receiving corps that I think is pretty important. He's really big for us in the running game but then in the pass game he provides a savvy that we've got to have out there."

THE CANADIAN PRESS

Ground gains

Winnipeg's run game improved significantly with Chad Simpson's return from the injured list last week.

- He had 91 yards rushing and 31 yards receiving in a hard-fought 25-22 road loss to Toronto.

Blue Bomber Cory Watson rushes upfield during the Grey Cup game last November in Vancouver. JEFF VINNICK/GETTY IMAGES

NHL

Bruins sign coach Julien to contract extension

The Boston Bruins have signed coach Claude Julien to a multi-year contract extension.

The deal comes a year after Julien led the team to the 2011 Stanley Cup championship — its first in 39 years.

In five seasons with Boston, Julien has a record of 228-132-50. He is third in franchise history with 410 games coached and fourth in wins, trailing Art Ross, Milt Schmidt and Don Cherry.

Under Julien, the Bruins have never missed the playoffs. They are 36-27 in the post-season since he arrived in 2007.

He was the NHL's coach of the year in 2009.

THE ASSOCIATED PRESS

NHL

NHL and players set for more talks

The NHL and the NHL Players' Association are set for another round of negotiations this week with the hope of establishing a new collective bargaining agreement before the current one expires on Sept. 15.

THE ASSOCIATED PRESS

CFL

Lions' Mitchell banned 2 games

The CFL suspended Khalif Mitchell for two games without pay on Monday after the B.C. Lions defensive tackle hyperextended the arm of Edmonton offensive lineman Simeon Rottier on Friday night.

THE ASSOCIATED PRESS

NHL

Blue Jackets grant Nash his wish

The wait to land in a new city and with a new team is over for Rick Nash. Finally, after months of speculation, the high-scoring forward was dealt on Monday. And the destination was not a surprise.

He's gone from Blue Jacket to Blueshirt.

"There was a lot of limbo for sure," Nash said. "It was a tough period. The good thing now is it's over and I can look forward to next year."

Nash was traded from the Columbus Blue Jackets to the New York Rangers for three players and a first-round draft pick.

The all-star, who went to Columbus management in January and asked to be dealt, heads to Manhattan in exchange for forwards Brandon Dubinsky and Artem Anisimov along with defenceman Tim Erixon and a first-round draft pick in 2013. Nash was shipped with a third-round pick and a minor-league defenceman to the Rangers.

THE ASSOCIATED PRESS

Rick Nash GETTY IMAGES FILE

NHL

Oilers sign No. 1 pick Yakupov to 3-year contract

The Edmonton Oilers signed their top overall draft pick Nail Yakupov to a three-year entry-level deal on Monday.

The forward was picked first in this year's draft, as Edmonton held the top pick for the third straight year. THE CANADIAN PRESS

NFL

"There are new challenges and new guys and different situations you have to overcome."

New York Giants quarterback Eli Manning. The Super Bowl champions enter camp this Thursday with holes at right tackle, tight end, backup running back and even at receiver, considering Hakeem Nicks is coming off a broken foot.

Fun strangely absent for Canada

Projections. Crashes, injuries and setbacks have hampered preparation for London

Alexandre Despatie suffered a 10-centimetre gash on his forehead during training in June. STEVE RUSSELL/TORSTAR NEWS SERVICE FILE

Canada's road to London has been a bumpy one.

Equestrian champion Eric Lamaze's horse died during a competition, Alexandre Despatie smacked his head on the diving board, triathlete Paula Findlay has been hindered by a hip injury, and a star hurdlers Perdita Felicien and Priscilla Lopes-Schliep didn't even make the Olympic team.

Three-time world champion boxer Mary Spencer required divine intervention by the International Olympic Committee just to get to the Games.

And then there was cyclist Ryder Hesjedal, who went down in a pile of bodies and bikes during the Tour de France. The silver lining is he'll get some rest before the men's road race and time trial in London.

But Canada's athletes will put the pre-Games bad luck behind them when the Summer Olympics officially kick off with Friday's opening ceremonies in East London.

Competition starts earlier than that, though. Canada faces Japan in a preliminary-round women's soccer match Wednesday.

Simon Whitfield, winner of triathlon gold in 2000 and silver in 2008, will carry the Maple Leaf into the opening ceremonies and represent the 277 Canadians competing.

Canada's objective of a top-12 finish among the 200-odd countries is a reach.

Quoted

"We've been pretty conservative in our medal projections.... Anything better than what we won in Beijing would be great."

Anne Merklinger, head of Canada's Own the Podium program.

Patience necessary

Canada was a slow starter in both 2004 and 2008.

- The opening seven days of competition in Athens produced one bronze medal. Canada was shut out the first seven days in Beijing.

Using the 2008 Olympics in Beijing as a gauge, Canada needs 24 medals, which would be the most ever for this country at a non-boycotted Summer Games. The previous high was 22 in 1996.

Canada tied for 14th in Beijing with 18 and won just 12 in Athens in 2004 to finish 19th.

The country isn't as deep in summer-sport talent as it is in winter. Canada can't afford any more misfortune if it is to finish among the top-dozen countries in London.

"Top 12 in 2012 is an ambitious goal, but when you're striving for new levels of excellence, that's always going to be challenging," says Chris Overholt, chief executive officer of the Canadian Olympic Committee.

Think of the total number of medals to be won as a pie. China, the United States, host Britain, Russia, Germany and Australia will eat almost half of it.

Japan, France, Italy and South Korea will fork out healthy slices for themselves. Canada has to elbow aside Spain, Cuba, Belarus, Brazil, the Netherlands and Ukraine to get a piece.

"The medal race is so, so tight," says Anne Merklinger, head of the Own the Podium program. "We know one medal is going to make the difference between 13th and 20th."

If you put stock in such things, a USA Today online projector forecasts that Canada will win 18 medals again with five gold, six silver and seven bronze.

USA Today says the number is "based on an algorithm that monitors athletes' performances leading up to the Games."

Sports Illustrated projects 17 medals (2-8-7) for Canada.

THE CANADIAN PRESS

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-Bev Howe, Charleswood

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Canada's Hesjedal banged up but ready to ride in Olympics

Ryder Hesjedal
DOUG PENSINGER/GETTY IMAGES FILE

Cycling. Victoria star will be one of many still feeling the effects of the Tour de France

While other athletes time their training to peak at the Olympics, the Tour de France cyclists arrive with their bodies still hurting from a brutal 3,497-kilometre trek.

Some, like Canadian Ryder Hesjedal, crashed en route and have the scars to prove it.

Flying off your bike at close to 70 km/h into a tangle of bodies, machinery and unforgiving tarmac is hardly an ideal entrée to the summer Games. But such is the harsh world of elite road racing, where breaking down your body is par for the course.

"It's a hard sport," Hesjedal said dryly from his home in Girona, Spain.

The 31-year-old from Victoria was hurt July 6 during the sixth stage of the Tour, one of at least two-dozen riders caught up in a nasty crash with 26 kilometres left on the day.

In the carnage of the crash, the Giro d'Italia winner went down and suffered road rash to his hip, knee and ankle. But the real damage came when, upon impact, his leg slammed into another rider's bike.

"Just like a baseball bat being swung into your leg," Hesjedal said by way of description.

Hesjedal withdrew from the race and returned to Spain. Amazingly, after a travel day, he was back on a home training bike the next day for an hour.

"Kind of the worst thing you can do is stop completely for a few days and let the leg seize up," he said.

"I feel good on the bike. It's hard to say unless I did a world-calibre race tomorrow where the real feeling is."

Hesjedal, who was scheduled to leave Monday for London, will find out soon enough at the Olympics. He races Saturday in the road race and Aug. 1 in the individual time trial.

THE CANADIAN PRESS

Quoted

"It's a tough sport and it doesn't always go according to plan. That's the way life is, also."

Ryder Hesjedal on having to withdraw from the Tour de France

In high gear

Wiggins heading home on a roll

After making history in Paris, Tour de France champion Bradley Wiggins is heading home to London hoping to add an Olympic gold medal to his yellow jersey.

The first Briton to win cycling's showcase event will start the Olympic time trial Aug. 1 as a big favourite for the gold, after dominating the event twice during the Tour de France.

The 32-year-old Londoner showed during the Tour that he can beat all comers in the race-against-the-clock, even after 2,175 miles of racing over three weeks in one of the ultimate endurance tests in all of sports.

After donning his winner's yellow jersey on the Champs-Élysées, Wiggins immediately began turning his focus to his Olympic race in just over a week. He even promised to forgo the Tour winner's traditional glass of champagne.

"Everything turns to the Olympics and I'll be out on the bike tomorrow and I've got an Olympic time trial to try and win," Wiggins said.

Sacrificing the traditional Tour winner's party was difficult but necessary, Wiggins said, because winning in his home Olympics "is a higher priority than anything else."

Mark Cavendish, Wiggins' teammate on Team Sky, also is aiming to transition quickly from Parisian boulevards to English lanes.

The world champion from Britain's Isle of Man wants to follow up his dominating sprint victory on the Champs-Élysées on Sunday with a win in the Olympic road race on Saturday. If anything, Cavendish is even more heavily favoured to win the road race than Wiggins is in the time trial.

THE ASSOCIATED PRESS

Draped with a Union Flag, Bradley Wiggins celebrates winning the Tour de France on Sunday in Paris.
BRYN LENNON/GETTY IMAGES

Horoscopes

♈ Aries
March 21 - April 20
Your thoughts will be "out there" today. Whether they bear any relation to reality remains to be seen but no one can accuse you of lacking vision — or playing down your capabilities. You build your own future.

♉ Taurus
April 21 - May 21
You will get the chance to improve your reputation for tolerance. Allow yourself to be open to suggestions, but make sure they are suggestions from people you know you can trust. Don't take tolerance too far.

♊ Gemini
May 22 - June 21
You will have plenty to say for yourself over the next 24 hours and not all of it will be music to other people's ears. But someone needs to spell out the truth this coming week. That someone is you.

♋ Cancer
June 22 - July 23
You will have some money-making ideas over the next few days. Not that money is everything but it is a means to an end and it's your right, even your duty, to make sure you've got enough of it.

♌ Leo
July 24 - Aug. 23
The planets indicate the more chances you take now, the more likely it is you will make a major breakthrough over the next few weeks. In your personal life and your career, don't let anyone limit you.

♍ Virgo
Aug. 24 - Sept. 23
You could get worked up for no good reason today. Where is that cool Virgo who never shows any sign of emotion? No matter what happens over the next 24 hours, it isn't worth getting upset about.

♎ Libra
Sept. 24 - Oct. 23
Everyone seems to want your advice right now and you're quite happy to give it. Your social life will also be good over the next few days – but don't let it get out of hand.

♏ Scorpio
Oct. 24 - Nov. 22
You know what you should be doing with your life and you know that you need to make a start soon. Why not make it today? Don't plan too far ahead. In fact, plan only for the next 24 hours.

♐ Sagittarius
Nov. 23 - Dec. 21
You seem to have the gift of the gab at the moment. You sound so convincing that others believe anything you say. That means you have a responsibility to make sure that what you say is the truth.

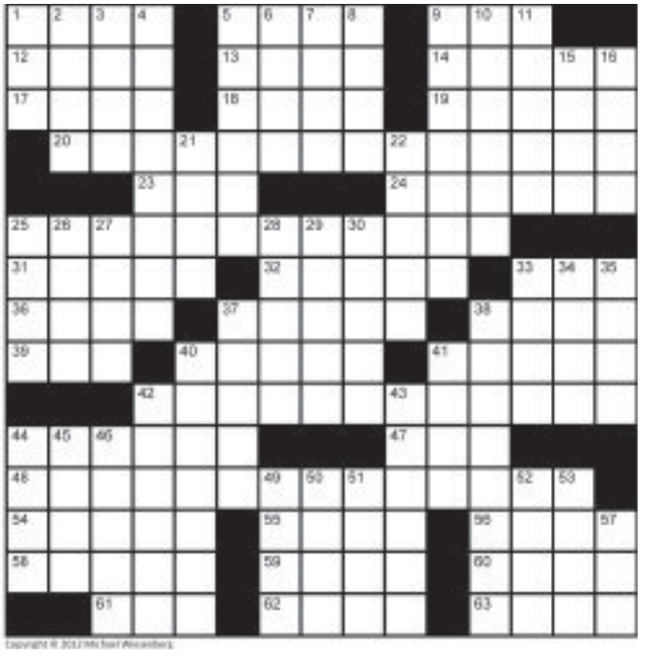
♑ Capricorn
Dec. 22 - Jan. 20
Come out of your shell and take a few risks. With Mercury linked to Jupiter, planet of luck and good fortune, you won't put a foot wrong over the next 24 hours, so what are you waiting for? Be extraordinary.

♒ Aquarius
Jan. 21 - Feb. 19
You know that a relationship problem needs to be dealt with sooner rather than later, so get on and do what has to be done. Someone has to make the first move and that someone will have to be you.

♓ Pisces
Feb. 20 - March 20
Can you make a difference in the world? Of course you can. But you won't make any difference at all until you get out of your chair and do something. Once you start moving you won't be able to stop. **SALLY BROMPTON**

Crossword: Quotable Notable

BY MICHAEL WIESENBERG



Across
1. Small British sports cars
5. Sax type
9. Bell and Kettle, e.g.
12. 1979 Iranian exile
13. Québec-born chanteuse Celine
14. Assume the role of
17. Org. to which Hungary, Poland, Czech Republic, and others, belong
18. Boxing Day event
19. Snow: Fr.
20. With 25-, 33-, 42-, 61, and 62-Across, 48-Across quote
23. Part of t.i.d., in prescriptions
24. They're gripping
25. See 20-Across
31. Diacritical mark resembling an inverted caret, most often seen in Czech
32. Male swine
33. See 20-Across
36. Pain
37. Fishing site
38. The Kingston ___
39. Bout ref's call
40. Breakfast spots
41. South American ringtailed carnivore
42. See 20-Across
44. Fortuneteller's cards
47. Leading dye brand
48. The quintessential Canadian humorist
54. Old Turkish VIP
55. "Skip ___ Lou": kids' song
56. Canadiens or Jets
58. Beer glass
59. I know: Lat.
60. Aware of
61. See 20-Across
62. See 20-Across
63. Montréal summers

Down
1. Alternative to AOL or Yahoo!
2. Indian mountain range or pass
3. Big financial setback, figuratively
4. Something to keep loafers in shape
5. Accumulate on a surface, as a dissolved substance
6. Prevaricator
7. Tattled
8. About half of all binary code
9. Some envelopes
10. Passed (a test) with ease
11. Crooked site in a nursery rhyme
15. Antiquing agent for furniture
16. Areas on movie lots
21. Welsh emblem
22. Copycats
25. Not this
26. Break into the system
27. Acoustical engineer's concern
28. Electronic attempt to subvert our reading habits
29. *Willy ___ and the Chocolate Factory*
30. "... would thou ___ ne'er been born": Othello
33. Gets ___ deal: is treated unfairly
34. 1920s leading lady ___ Naldi (anagram of TINA)
35. Deliver the coup de grâce to
37. Band of bandit baggers
38. Direct, as a confrontation
40. "Famous" company that sponsors an annual hotdog eating contest where it all started, Coney Island
41. Currently fashionable
42. *Two Women* Oscar winner Loren
43. One may come in a box of 64
44. Cooking amts.
45. Rat follower
46. Darn again
49. US agcy. that investigates crashes
50. Crazy
51. Mideast ruler
52. 1/100 of a loonie
53. Actress Hudson or Winslet
57. ___ Eisley, *Star Wars* cantina town

Friday's crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	6				2		4	
4		5	9		8			7
3		8			4	1		9
2				5	3			
	9	4				3	7	
			4	9				8
9		2	6			4		1
8			2		1	5		6
	5		3				8	

Friday's Sudoku

1	5	9	7	2	8	6	4	3
7	8	6	4	9	3	1	2	5
3	2	4	1	6	5	7	9	8
6	3	7	2	8	1	9	5	4
4	1	2	9	5	6	3	8	7
5	9	8	3	7	4	2	6	1
8	4	1	6	3	2	5	7	9
9	6	3	5	4	7	8	1	2
2	7	5	8	1	9	4	3	6

Weather

TODAY	WEDNESDAY	THURSDAY
MAX: 31° MIN: 16°	MAX: 30° MIN: 17°	MAX: 28° MIN: 16°

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